

# **Sexual Health**

**Sexual Activity**

Comprehensive statewide survey data on the sexual behavior of Washington state youth have not been available on since 1995. National data are available and presented here.

According to national data from the **2003 Youth Risk Behavioral Survey:**<sup>1</sup>

- Sexual intercourse in youth is decreasing. In 2003, about 47% of students in 9<sup>th</sup>-12<sup>th</sup> grade had had sexual intercourse during their lifetime. In 1991, 54% of youth reported they had ever had sexual intercourse.
- Overall, the prevalence of having had sexual intercourse for students in 9<sup>th</sup>-12<sup>th</sup> grade was higher among black (67%) than white (42%) and Hispanic (51%) students.
- Males in 9<sup>th</sup>-12<sup>th</sup> grade (48%) were slightly more likely to be sexually active than females (45%).
- Condom use: About 63% of sexually active students in 9<sup>th</sup>-12<sup>th</sup> grade reported that they had used a condom the last time they had intercourse. Condom use was higher in 9<sup>th</sup> and 10<sup>th</sup> graders (69%) than 12<sup>th</sup> Graders (57%). Condom use has increased over time. In 1991, 46% reported they used a condom during their last sexual intercourse.
- Age at first intercourse: Nationally in 2003, about 9% of youth in 9<sup>th</sup> and 10<sup>th</sup> grade and 5% of youth in 11<sup>th</sup> and 12<sup>th</sup> grade reported they had their first sexual intercourse by age 13.
- Number of partners: About 14% of students in 9<sup>th</sup>-12<sup>th</sup> grade reported they had four or more sexual partners in their lifetime (10% of 9<sup>th</sup> graders, 13% of 10<sup>th</sup> graders, 16% of 11<sup>th</sup> graders, and 20% of 12<sup>th</sup> graders). Boys were more likely than girls to report four or more sexual partners. Since 1991, there has been a decline in the number of sexual partners among teens.

According to national data from the **2002 National Survey of Family Growth:**<sup>2</sup>

- At the ages of 15-17, about 13% of males and 11% of females had had heterosexual oral sex but not vaginal intercourse.
- About 64% of males and 63% of females had ever had sexual contact with an opposite sex partner.
- For youth ages 15-19, males reported they had vaginal contact (49%), gave oral sex (39%), received oral sex (52%), or had anal sex (11%). Females reported they had vaginal contact (53%), gave oral sex (44%), received oral sex (50%), or had anal sex (11%).
- About 5% of males ages 15-19 reported they had oral or anal sex with a male. About 11% of females ages 15-19 reported any sexual experience with another female.
- About 35% of males and 36% females ages 15-19 reported no sexual contact with another person.
- In response to the question “Do you think of yourself as heterosexual, homosexual, bisexual, or something else?,” about 91% of males and 84% of females ages 18-19 reported they were heterosexual. About 1.7% of males and 0.9% of females ages 18-19

<sup>1</sup> Youth Risk Behavior Surveillance, United States 2003. MMWR May 21, 2004, Vol.53/NoSS-2

<sup>2</sup> Mosher WD, Chandra A, Jones J. Sexual behavior and other selected health measures: men and women 15-44 years of age. Advance data from vital and health statistics; no. 362. Hyattsville, MD: National Center for health Statistics, 2005.

reported they were homosexual. Females (7.4%) were more likely than males (1.4%) to report they were bisexual. About 4.5% of males and 5.7% of females reported they were something else.<sup>3</sup>

According to the **National Campaign to Prevent Teen Pregnancy**<sup>4</sup>:

- About 71% of youth aged 12-14 and 63% of youth aged 15-19 wish they'd waited longer to have sex. Girls (69%) are more likely than boys (63%) to wish they'd waited longer before first having sex.
- Sexually active teens more likely to engage in other risky behaviors such as smoking, drinking and illegal drug use.<sup>5</sup>
- Most parents of sexually active teens think their kids aren't having sex.
- More parents reporting having a 'sex talk' with their teens than their kids do.

According to a report from the **Kaiser Foundation**<sup>6</sup>:

- About 40% of males and 56% of 13-14 year old females reported that they strongly or somewhat agree that "there is a lot of pressure to have sex by a certain age."
- About 18% of males 13-14 year old and 23% of females 13-14 year old report that they personally face a lot or some pressure when it comes to sex and relationships.

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<sup>3</sup> Comment from Mosher et al.: The category "something else" may "reflect a lack of understanding of these terms by some respondents, a preference for other terms to describe sexual orientation, or both."

<sup>4</sup> National Campaign to Prevent Teen Pregnancy website: <http://www.teenpregnancy.org/Default.asp?bhcp=1>

<sup>5</sup> National Campaign to Prevent Teen Pregnancy, The Sexual Behavior of Young Adolescents Fact Sheet: <http://www.teenpregnancy.org/works/pdf/sciencesaysSexual%20BehaviorYoungAdolescents.pdf>

<sup>6</sup> Henry J. Kaiser Foundation & Seventeen, 2003. National Survey of Adolescents and Young Adults: Sexual Health Knowledge, Attitudes and Experiences <http://www.kff.org/youthhivstds/3218-index.cfm>

In 1995 and 1999 the Seattle Public School District implemented a youth survey which included questions on sexual activity.

**Data from the 1999 Seattle Public Schools Health Teen Health Survey:<sup>7</sup>**

- 60% of all high school students reported they had not had sexual intercourse.
- 40% of all high school students reported they had had sex in their lifetime and 30% had had sex in the past three months.
- Of students who reported having sex, 31% said they had one partner in their lifetime.
- Of students who reported having sex, 20% said they had experienced forced intercourse and 8% said they had sex for the first time at an early age with a much older person.

<b>Table 39. Data From Seattle Public Schools Health Teen Health Survey, 1995 and 1999</b>		
	<b>1995</b>	<b>1999</b>
<b>Among All Students:</b>		
Ever had sex	45%	40%
Had sex in past 3 months	30%	30%
Had first sex by age 13 or 14	26%	21%
Ever been pregnant (females only)	9%	6%
Ever had Diagnoses STD	5%	3%
<b>Among students who had sex in the past 3 months:</b>		
Had 1 partner in lifetime	27%	31%
Used pregnancy prevention method last time (not including withdrawal)	69%	74%
Used condom last time	51%	55%
Used condom every time last 3 months	39%	39%
Ever been pregnant (females only)	26%	21%
Ever had diagnosed STD	9%	7%

*Source: Seattle Public Schools 1995 and 1999 Teen Health Survey*

<sup>7</sup> 1999 Seattle Public Schools Teen Health Survey, Harachi and Associates

**Adolescent Pregnancy**      **\*Critical Health Objective\*****Demographics:**

Table 40. Adolescent Pregnancy Rates per 1,000 in 2003		
	WA Number	WA Rate per 1,000
<b>Age</b>		
Age 10-14	203	0.9
Age 15-17	3,710	28.8
Age 18-19	7,679	90.2
Age 10-19	11,547	26.8
<b>Race (ages 15-17)</b>	*	
White		
Black		
American Indian		
Asian/ PI		
<b>Ethnicity (ages 15-17)</b>	*	
Hispanic Ethnicity		

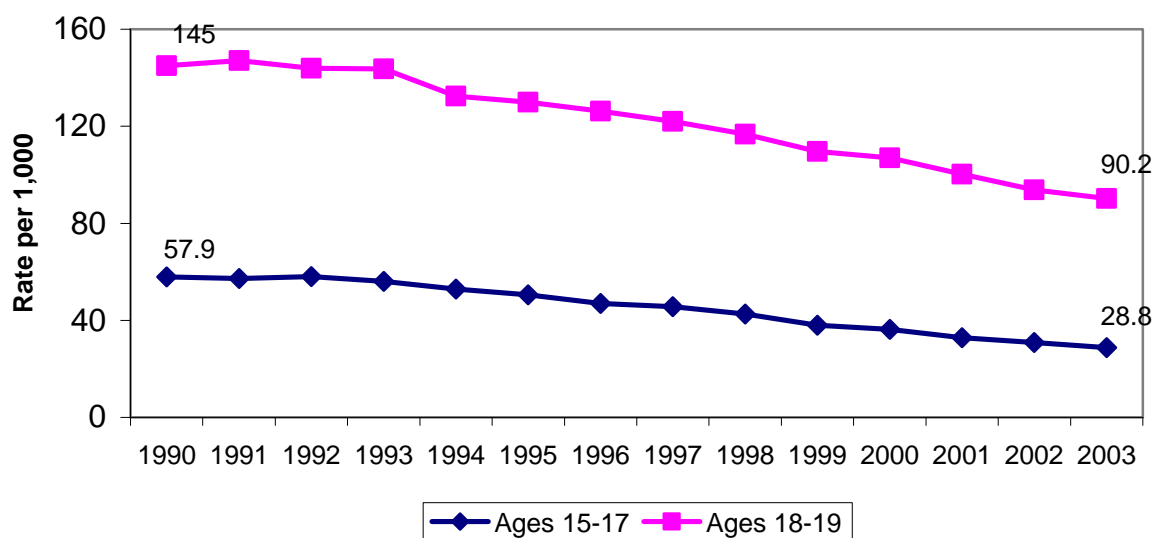
Source: Washington State Birth Certificate

\* Race/ethnicity data unreliable for adolescent pregnancies

§ Fetal death counts not included for ages 10-14

**Trend Data:**<sup>8</sup>

**Figure 31. Adolescent Pregnancy Rates by Age group  
WA 1990-2003**



<sup>8</sup> Source: Center for Health Statistics, Washington State Department of Health, 01/2005. Abortion and pregnancy rates for 1992-1995 include 173, 173, 185, and 188 estimated abortions that were unreported in these years.

**Background:**

- Reducing adolescent pregnancies to no more than 43 per 1,000 females ages 15-17 is one of the **21 National Critical Health Objectives** for adolescents and young adults. Other related Healthy People 2010 objectives are to increase the proportion of adolescents who have never engaged in sexual intercourse to 75%; to increase the proportion of sexually active adolescents ages 15-17 who use contraception; and to reduce unintended pregnancies.
- National studies suggest that adolescent birth and pregnancy rates might be declining because fewer teenagers are having sex and those who do engage in sexual activity are more effective users of contraception<sup>9, 10</sup>
- **Adolescent abortions:** Washington's abortion rate for 15 – 17 year-olds steadily decreased from 30 per 1,000 in 1989 to 13.3 per 1,000 in 2003.
- **Unintended pregnancy:** During 2001-2003, about 73% of the pregnancies for women under age 20 that resulted in a live birth were unintended.<sup>11</sup>
- **Prior Pregnancies:** In 2003, 33% of females ages 18-19 with a live birth reported at least one prior pregnancy. From 1996-2003, there was an annual percent decrease in females ages 18-19 with a prior pregnancy of about 2%.

**WA Incidence:** In 2003 the pregnancy rate for 15-17 year olds was 28.8 per 1,000.

**U.S. Incidence:** Nationally, the most current data available for teen pregnancy rates are from 2000. For 15-17 year olds, the pregnancy rate was 53.5 per 1,000.<sup>12</sup>

**Trends:** Adolescent pregnancy in both Washington and nationally has steadily decreased since the early 1990s and is significantly lower than the 1990 rate of 57.9 per 1,000.

**Disparities:** Data not available.

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<sup>9</sup> Ventura SJ, Mosher WD, Curtin SC, Abma JC, and Henshaw S. Trends in Pregnancies and Pregnancy Rates by Outcome: Estimates for the United States, 1976-96. National Center for Health Statistics. Vital Health Stat 21(56). 2000.

<sup>10</sup> Martin JA, Hamilton BE, Sutton PD, Ventura SJ, Menacker F, and Munson ML. Births: Final data for 2002. National vital statistics reports; vol 52 no 10. Hyattsville, Maryland: National Center for Health Statistics. 2003.

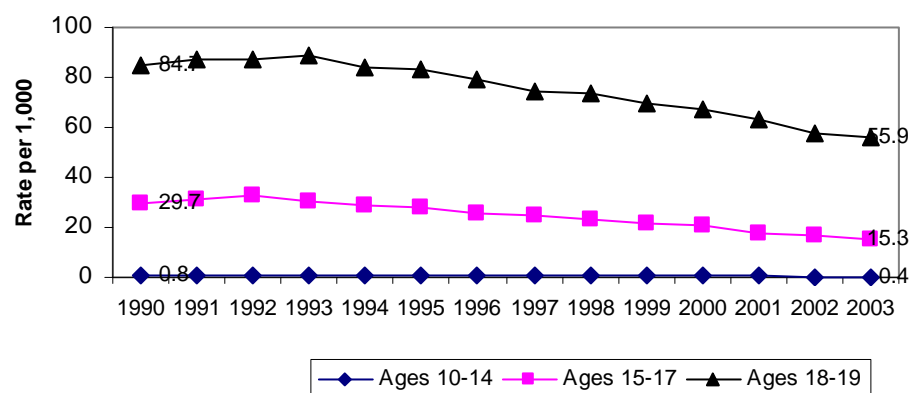
<sup>11</sup> Washington Pregnancy Risk Assessment Monitoring System (PRAMS), 2001-2003. Washington State Department of Health, 2005

<sup>12</sup> Ventura SJ, Abma JC, Mosher WD, et.al. Estimated pregnancy rates for the US, 1990-2000. An Update. National Vital Statistics Reports, Vol 52, No. 23. Hyattsville MD, National Center for Health Statistics, 2003.

**Adolescent Birth****Demographics:**

<b>Table 41. Adolescent Birth Rates per 1,000 in 2003</b>		
	<b>WA Number</b>	<b>WA Rate Per 1,000 (95% CI)</b>
<b>Age</b>		
Age 10-14	86	<b>0.4</b> (0.3, 0.5)
Age 15-17	1,976	<b>15.3</b> (14.7, 16.0)
Age 18-19	4,759	<b>55.9</b> (54.3, 57.5)
Age 10-19	6,821	<b>15.8</b> (15.4, 16.2)
<b>Race (ages 15-17)</b>		
White	1,598	<b>14.5</b> (13.8, 15.2)
Black	128	<b>21.6</b> (18.0, 25.7)
American Indian	112	<b>38.2</b> (31.5, 46.0)
Asian/ PI	68	<b>6.9</b> (5.4, 8.7)
<b>Ethnicity (ages 15-17)</b>		
Hispanic Ethnicity	708	<b>54.6</b> (50.6, 58.8)
<b>Rural- Urban Residence (ages 15-17)</b>		
Urban	1358	<b>13.1</b> (12.4, 13.8)
Mixed Urban	281	<b>34.8</b> (30.8, 39.1)
Large Town Rural	95	<b>17.9</b> (14.5, 21.9)
Mixed Rural	159	<b>21.4</b> (18.2, 25.0)
Small Town / Isolated Rural	83	<b>18.7</b> (14.9, 23.1)

Source: Washington State Birth Certificates

**Trend Data:<sup>13</sup>****Figure 32. Adolescent Births Rates by Age group  
WA 1990-2003**

Source: Washington State Birth Certificates

<sup>13</sup> Source: Center for Health Statistics, Washington State Department of Health, 01/2005

### Background:

- Reducing adolescent pregnancies to no more than 43 per 1,000 females ages 15-17 is one of the **21 National Critical Health Objectives** for adolescents and young adults. Other related Healthy People 2010 objectives are to increase the proportion of adolescents who have never engaged in sexual intercourse to 75%; to increase the proportion of sexually active adolescents ages 15-17 who use contraception; and to reduce unintended pregnancies.
- National studies suggest that adolescent birth and pregnancy rates might be declining because fewer teenagers are having sex and those who do engage in sexual activity are more effective users of contraception<sup>14, 15</sup>

**WA Incidence:** In 2003 the birth rate for 15-17 year olds was 15.3 births per 1,000.

**U.S. Incidence:** Nationally, the birth rate for 15-17 year olds was 23.2 births per 1,000 in 2003.

**Trends:** Adolescent pregnancy in both Washington and nationally has steadily decreased since the early 1990s.

### Disparities:

- **Race:** For Washington adolescents ages 15-17 live birth rates were higher among American Indians/Alaska Natives and Blacks and lower among Asians / Pacific Islanders compared with Whites.
- **Rural-Urban Residence:** For Washington adolescents ages 15-17 live birth rates were highest in Mixed Urban counties and lowest in Urban counties.

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<sup>14</sup> Ventura SJ, Mosher WD, Curtin SC, Abma JC, and Henshaw S. Trends in Pregnancies and Pregnancy Rates by Outcome: Estimates for the United States, 1976-96. National Center for Health Statistics. Vital Health Stat 21(56). 2000.

<sup>15</sup> Martin JA, Hamilton BE, Sutton PD, Ventura SJ, Menacker F, and Munson ML. Births: Final data for 2002. National vital statistics reports; vol 52 no 10. Hyattsville, Maryland: National Center for Health Statistics. 2003.



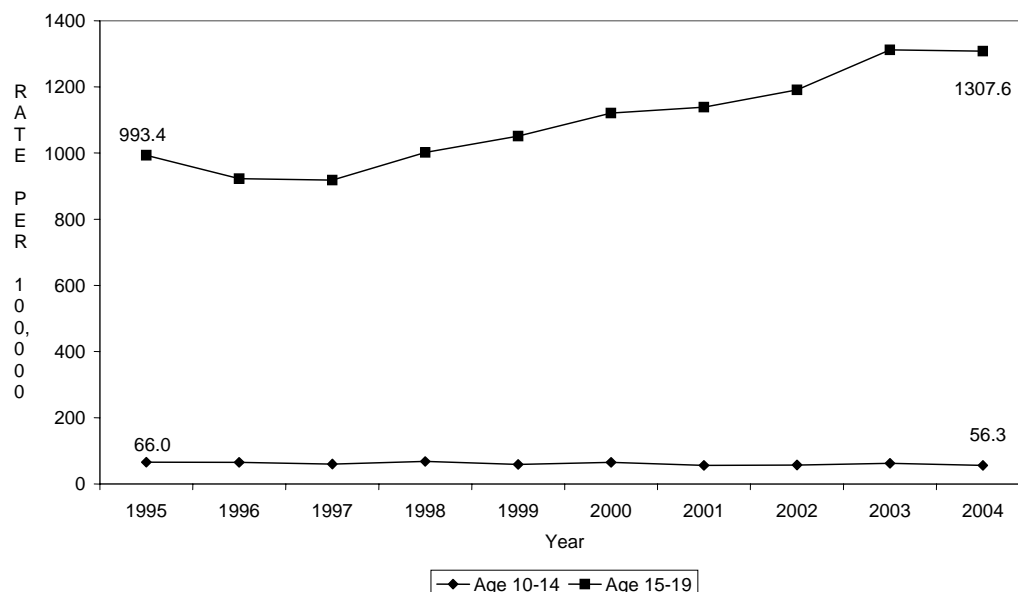
**Sexually Transmitted Disease****Chlamydia \*Critical Health Objective\*****Demographics:**

Table 42. Chlamydia Rates per 100,000 Washington State, 2004		
Characteristic	WA Number	WA Rate per 100,000
<b>Age</b>		
Age 10-14	251	56.3
Age 15-19	5,792	1,307.6
Age 10-19	6,043	679.9
<b>Gender (ages 15-19)</b>		
Male	919	405.3
Female	4,873	2,255.3
<b>Race (ages 15-19)<sup>16</sup></b>		
White, non-Hispanic	3,269	897.9
Black, non-Hispanic	771	4,315.9
American Indian	215	2,236.4
Asian/ Pacific Islander, non-Hispanic	233	740.4
<b>Ethnicity (ages 15-19)</b>		
Hispanic Ethnicity	819	1,648.6

*Data from Washington State Department of Health, STD section*

**Trend Data:**

**Figure 33: Adolescent Chlamydia Rates by Age and Year  
Washington State 1995 - 2004**



<sup>16</sup> Data provided by Mark Stenger, Office of Infectious Disease and Reproductive Health, DOH. Because of the large amount of missing data on race/ ethnicity, no meaningful statements relating to relative differences or similarities in rates between groups can be made; these rates are presented for completeness and informational purposes only. Please see technical notes for more detailed explanation.

**Background:**

- Reducing Chlamydia infections is one of the **21 National Critical Health Objectives** for adolescents and young adults. The Healthy People 2010 goal is to decrease the proportion of 15 to 24 year olds with Chlamydia infections to 3% among those attending family planning or STD clinics.
- Chlamydia is the most commonly reported Sexually Transmitted Disease (STD) in Washington. It is usually asymptomatic.
- Risks of Chlamydia infection include pelvic inflammatory disease (PID), infertility, and premature and ectopic pregnancy. It can be transmitted to infants resulting in eye infection and pneumonia. It can also increase risk for HIV transmission.

**WA Incidence:** In 2004 there were 1,307.6 Chlamydia cases per 100,000 among 15-19 year olds.

**U.S. Incidence:** Nationally there were 1,524 Chlamydia cases per 100,000 among 15-19 year olds in 2003

**Trends:** For all ages, Chlamydia rates have been steadily rising in Washington since 1996. This may be because of better tests, more screening, improved surveillance and increase in risk-behaviors.

**Disparities:**

- **Gender:** In 2004, 72% of all Washington cases reported were among 15-24 year olds. Reported Chlamydia rates are highest in females, peaking at ages 15-19 (2,255.3 per 100,000), compared with males age 15-19 (405.3 per 100,000). Females are tested more frequently than males for Chlamydia.
- **Race:** Because of the large amount of missing data on race/ ethnicity, no meaningful statements relating to relative differences or similarities in rates of STDs between groups can be made. Please see technical notes for more detailed explanation.

## Gonorrhea

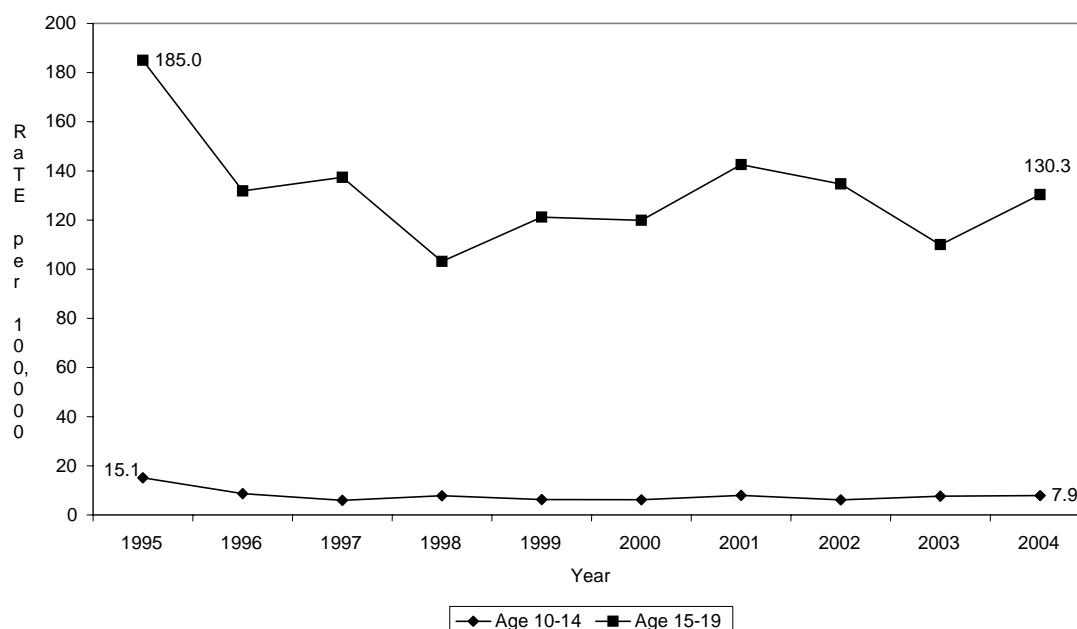
## Demographics:

Table 43. Gonorrhea Rates per 100,000* Washington State, 2004		
Characteristic	WA Number	WA Rate per 100,000
<b>Age</b>		
Age 10-14	35	7.9
Age 15-19	577	130.3
Age 10-19	612	68.9
<b>Gender (ages 15-19)</b>		
Male	135	59.5
Female	442	204.6
<b>Race (ages 15-19)<sup>17</sup></b>		
White, non-Hispanic	224	61.5
Black, non-Hispanic	150	839.7
American Indian, non-Hispanic	28	291.3
Asian/ PI, non-Hispanic	19	197.6
<b>Ethnicity (ages 15-19)</b>		
Hispanic Ethnicity	68	136.9

*Data from Washington State Department of Health, STD Section*

## Trend Data:

**Figure 34: Adolescent Gonorrhea Rates by Age and Year  
Washington State 1995 - 2004**



<sup>17</sup> Data provided by Mark Stenger, Office of Infectious Disease and Reproductive Health, DOH. Because of the large amount of missing data on race/ ethnicity, no meaningful statements relating to relative differences or similarities in rates between groups can be made; these rates are presented for completeness and informational purposes only. Please see technical notes for more detailed explanation.

**Background:**

- The **Healthy People 2010 objective**, which is not adolescent specific, is to reduce gonorrhea to no more than 19 cases per 100,000 population.
- Gonorrhea infection appears to be endemic in core MSM (men who have sex with men) populations and recent evidence suggests that a greater proportion of infections than expected are asymptomatic.
- Risks of gonorrhea infection include Pelvic Inflammatory Disease (PID), infertility, ectopic pregnancy and chronic pelvic pain. Infection may also facilitate HIV transmission.

**WA Incidence:** In 2004 there were 130.3 gonorrhea cases per 100,000 Washington 15-19 year olds.

**U.S. Incidence:** Nationally, the incidence of gonorrhea was 116.2 per 100,000 (all ages).

**Trends:** In Washington, gonorrhea rates decreased through 1998 and have fluctuated since then. Much of the increase has been due to increase in MSM populations infected in Western Washington. Preliminary data from 2005 indicates an apparent increase in Gonorrhea among Washington teens.

**Disparities:**

- **Gender:** In 2004, gonorrhea rates in Washington were higher in females than males. For females ages 15-19, the incidence was 204.6 per 100,000 and for males ages 15-19 the incidence was 59.5 per 100,000.
- **Race:** Because of the large amount of missing data on race/ ethnicity, no meaningful statements relating to relative differences or similarities in rates of STDs between groups can be made. Please see technical notes for more detailed explanation.

**HIV/AIDS \*Critical Health Objective\*****General Facts:**

- Nationally, HIV-related death has the greatest impact on young and middle-aged adults, especially racial and ethnic minorities. While African Americans make up approximately 12% of the U.S. population, they account for 40% of all AIDS cases. AIDS is the number one cause of death for African American women age 25-34.<sup>18</sup>
- Reducing the number of new HIV infections among youth ages 13-24 years is one of the **21 National Critical Health Objectives** for adolescents and young adults. A related Healthy People 2010 objective is to reduce AIDS among adolescents and adults to no more than 1 case per 100,000.

**Washington Incidence and Prevalence:**

- As of 9/30/2004, there were 97 Washington youth ages 13- 19 diagnosed and living with HIV and 19 youth ages 13-19 diagnosed and living with AIDS.<sup>19</sup>
- About one to three Washington youth are diagnosed each year with AIDS and six to seven with HIV. Trends have been stable.

**AIDS Prevalence:** In 2003, the rate of U.S. adults and adolescents living with AIDS was 167.3 per 100,000 people compared with 101.1 per 100,000 for Washington State.<sup>20</sup>

**AIDS Incidence:** In 2003, the rate of reported AIDS cases for adolescents and young adults was 15.0 per 100,000 people compared with 8.6 per 100,000 for Washington State.<sup>21</sup>

**Primary method of transmission for youth:**

- For 13-19 year old Washington males, men who have sex with men (MSM) (58%), intravenous drug use (IDU) (7%) and MSM/IDU (21%).
- For 13-19 year old Washington females, heterosexual sex (51%), IDU (14%), and No Identified Risk (32%, most of which are probably heterosexual transmission).

**Disparities:**

- **Gender:** Of the 25 HIV cases in Washington 13-19 year olds diagnosed between 2000 and 2003, 60% were male and 40% were female.
- **Age:** Nationally, the case rates for those living with HIV/AIDS are highest in those ages 35-44 years.<sup>22</sup>
- **Race and Ethnicity:** In Washington State, incidence rates for HIV/AIDS for all ages are higher among African Americans and American Indians and Alaska Natives compared to whites and for Hispanics compared to non-Hispanics.

**See Services Sections on Teen Pregnancy Prevention; STD and HIV Services; Healthy Mothers/ Healthy Babies; Family Planning; and First Steps Services**

<sup>18</sup> Centers for Disease Control and Prevention. Division of HIV/AIDS Prevention. <http://www.cdc.gov/hiv/pubs/facts.htm>.

<sup>19</sup> Data provided by Washington State Department of Health, Infectious Disease and Reproductive Health Unit, Maria Couragon

<sup>20</sup> Centers for Disease Control and Prevention. Division of HIV/AIDS Prevention.

<http://www.cdc.gov/hiv/stats/2003SurveillanceReport/Map1.htm>

<sup>21</sup> Centers for Disease Control and Prevention. Division of HIV/AIDS Prevention.

<http://www.cdc.gov/hiv/stats/2003SurveillanceReport/table14.htm>

<sup>22</sup> Centers for Disease Control and Prevention. Division of HIV/AIDS Prevention.

<http://www.cdc.gov/hiv/stats.htm#hivest>